



Healthy Holiday Nutrition Tips

- 🧑‍🍳 **Cut the sweetness.** When making pumpkin pie or eggnog, reduce the amount of sugar by half and enhance "sweetness" by adding a bit more vanilla, nutmeg or cinnamon. If recipes call for sugary toppings like frosting, jams and syrup, use fresh fruit instead.
- 🧑‍🍳 **Trim the fat.** In baked goods you can cut the fat by about half and replace it with unsweetened applesauce, prune puree or mashed banana. Instead of full-fat condensed milk, use condensed skim or fat free in pumpkin pie and eggnog. For gravy, heat fat-free, low-sodium broth (or drippings with the fat removed); mix flour into cold skim milk and pour slowly into broth, stir until thickened and season to your liking.
- 🧑‍🍳 Use non-stick cookware so you can cook with a minimum of oil or vegetable oil spray.
- 🧑‍🍳 **Take the edge off your hunger before a party.** Feeling hungry can sabotage even the strongest willpower, so eat a small, low-fat snack, such as a piece of fruit or veggie sticks, before you head out to celebrate. This will help you avoid rushing to the buffet table when you arrive at a party.
- 🧑‍🍳 **Shake the salt out.** You can reduce salt by half in most recipes too. Also go easy on salty condiments, such as pickles, catsup, mustard and soy sauce. Instead offer cucumber slices and fresh tomato or fruit salsas. Or try lower-sodium versions of mustard and soy sauce. In recipes, substitute fresh herbs and flavored vinegars for salt.
- 🧑‍🍳 **Eat a healthy breakfast.** If you start out the day not hungry, by eating something with protein, you are much less likely to overeat later on.
- 🧑‍🍳 **Avoid wasting calories on alcoholic beverages.** The average alcoholic drink contains 150-200 calories plus per glass. Indulge in just two or three drinks and you have consumed the equivalent calories of an entire meal. If you partake in these beverages, choose wisely. For example, instead of having a full glass of wine, try mixing half a glass of wine with sparkling water or with a diet soda. This will cut your calories in half. Better yet, stick with non-alcoholic drinks like water or diet soda (in addition to adding empty calories, alcohol stimulates the appetite and lowers willpower!).

- 🍷 **Down-size.** Set out bite-sized, healthy snacks such as popcorn, raisins, or nuts in brandy snifters. That way guests will not be tempted to keep reaching for the snacks - they will have to pick up the glass and pour a few into their hand.
- 🍷 Strong-flavored cheeses, such as gorgonzola or aged parmesan, add more "oomph" per ounce and have less fat than easy melting cheeses such as cheddar or American.
- 🍷 **Make the switch.** Use broth to sauté instead of butter - 104 calories saved per tablespoon. Use nonfat milk instead of whole milk - 60 calories saved per cup. Use plain, nonfat yogurt instead of cream - 720 calories saved per cup.
- 🍷 **Keep portion sizes extra small.** If you are really tempted by high-calorie treats, have just a bite or spoonful - that may be enough to satisfy your craving.
- 🍷 **Beware the office treats.** If you work in an office setting, be prepared for the deluge of guilty treats your co-workers and other business associates will graciously want to share. Stash your own healthy snacks in your desk so you will not be tempted to overindulge when your grumbling stomach demands a 3:00 pm snack time!
- 🍷 When a recipe calls for chocolate, use dark chocolate - seventy percent dark chocolate contains the most flavonols -- helpful plant substances that help decrease cholesterol.
- 🍷 **Try to make 'wise' dessert choices rather than deny yourself.** Have a smaller portion and savor every mouthful when you have choices, opt for desserts that are lower in fat and sugar. For example, if faced with a plate of cookies, you may decide to choose the sugar cookies or gingerbread cookies over shortbread cookies as they tend to be lower in fat.
- 🍷 **Focus on friends and family instead of food.** Remember, the holidays are a time to slow down and catch up with your loved ones. Play games, volunteer, or spend time outdoors enjoying the winter weather together.

Just remember, an ounce of prevention is worth a pound of weight gain. Preventing the increase in weight is a lot easier and better than actually gaining weight and trying to get it off again. The plan is simple:

Eat less and move more!

Some Additional Resources:

www.choosemyplate.gov

www.eatingwell.com

www.preventcancer.aicr.org/site/PageServer?pagename=dc_rc_holiday

www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Browse-Recipes_UCM_430018_Article.jsp#

www.diabetes.org/mfa-recipes/log-in/recipes-for-healthy-living.html

www.mayoclinic.com/health/holiday-recipes/NU00645

http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=4&tax_subject=261&topic_id=2131&level3_id=6591&level4_id=11032&level5_id=0